

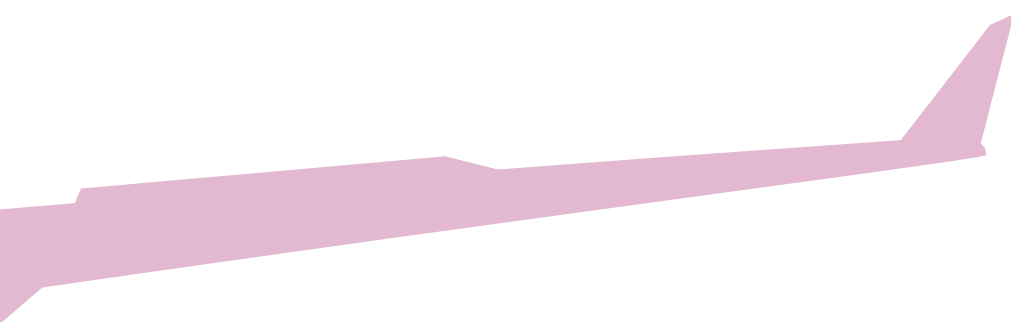
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NEWS WORTH SHARING.



Obama vows to continue strikes

U.S. will be 'relentless' in the fight against Islamic State militants, president says **PAGE 11**

Making game day a great day

Ottawa Sports and Entertainment Group puts its focus on the fans **PAGE 17**

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ALL 22 TUMBLEDOWN HOUSES IN BRADIAN, B.C., COULD BE YOURS FOR JUST \$995,000 **PAGES 12-13**



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Watchdog following Baird's tweets

#EnFrançais.

Official languages commissioner looking into Twitter account of foreign affairs minister

Canada's language watchdog is investigating Foreign Affairs Minister John Baird's Twitter account following a complaint that the Conservative MP posts most of his messages in English without enough French.

The probe by official languages commissioner Graham Fraser has puzzled officials in Baird's office and department.

"We are surprised that the official languages commissioner has chosen to investigate the minister's personal Twitter account that falls outside of the scope of the act," said Baird's spokesman Rick Roth.

"The minister's personal Twitter account is just that: his personal account. That said, he tweets from that account in both of Canada's official languages."

Baird, who represents an Ottawa riding in Parliament, uses his Twitter account regularly to inform Canadians, using a mix of messages about government business and personal observations.

For example, this week he tweeted in both English and French about the conflict between Israel and Hamas. In recent weeks, some of his tweets have included English-only messages about the death of actor Robin Williams and his return home from a trip to get a cup of Tim Hortons coffee.

Fraser, a former reporter at the Toronto Star, told Baird's

department in a July 31 letter that it was looking into the Twitter account to determine whether the government was respecting the "spirit" of federal language legislation.

The Official Languages Act, adopted in 1969, requires the federal government to protect services in both English and French and promote the vitality of minority communities in both languages across the country.

Fraser's letter said the investigation would consider sections of the law that cover government services and communication with the public as well as the participation of French- and English-speaking Canadians in federal institutions.

Most of Baird's tweets in July were in English.

Baird's deputy minister, Daniel Jean, responded to Fraser a few days later, writing that the Twitter account wasn't covered by the act. Jean noted that the Department of Foreign Affairs, Trade and Development's official communications respect the law.

Fraser's office said the investigation, uncovered by Montreal daily newspaper La Presse, wasn't targeting Baird personally. Instead, it said the probe was trying to establish whether federal ministers have responsibilities, under the federal language law, when they tweet information on behalf of their departments.

"We've never done this type of investigation before," Fraser's spokesman Nelson Kalil said. "We're investigating the government mechanism and the department, and not the individual."

TORSTAR NEWS SERVICE



Foreign Affairs Minister John Baird uses his Twitter account regularly to inform Canadians, using a mix of messages about government business and personal observations. ADRIAN WYLD/THE CANADIAN PRESS

Pithier Pride and Prejudice

Two actors play entire cast in 75-minute adaptation of Jane Austen's classic novel at the Perth Museum **PAGE 6**

Harper dusts off earmuffs

PM set to embark on his annual trek to the North, his ninth such endeavour since becoming PM **PAGE 10**

Jolie's Loubs up for grabs

Christian Louboutin shoes that Angelina wore on her Maleficent press tour to hit retail stores **PAGE 21**

Apartment the size of a tuna can?

Then this surrealist shelving unit may be for you **PAGE 23**

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Councillors consider legal action over accusations

'Blacklist.' Meladul Haq Ahmadzai's online post accuses eight council members of stealing from taxpayers

Ottawa councillors are considering legal action after a presumed former municipal council candidate made an online post accusing a "blacklist"

of eight council members of corruption and stealing millions from taxpayers.

The Twitter account of Meladul Haq Ahmadzai, a presumed former Gloucester-Southgate candidate, posted a link to a blog at blacklistottawa2014.blogspot.com over a dozen times.

Ahmadzai, 21, tweeted his withdrawal from the municipal election on Aug. 18 but is still listed as a candidate on the

municipal elections website. Ahmadzai did not return calls seeking confirmation.

The post states the mayor and seven city councillors — including ward rival Coun. Diane Deans — "are believed to be involved in corruption at Ottawa city hall and ... are believed to have stolen millions from taxpayers."

City solicitor Rick O'Connor said the allegations are of a criminal nature, so he forwarded the matter to the Ot-

tawa police.

"I'm no criminal lawyer ... (but) these seem to run the gamut from criminal theft to criminal defamation or even cyberbullying," O'Connor said.

Ahmadzai registered for the municipal election on April 2. His website says his family moved to Ottawa from Afghanistan when he was nine and that he is well-known in the city for his vol-

unteerism.

Meanwhile, Deans said she isn't going to let the matter slide.

"I think the city needs to take this seriously," Deans said. "This is completely unfounded and completely baseless."

If there is no legal recourse the city can take, Deans said she will seek legal advice about possibly launching a civil defamation case.

"I'm not going to have that

hanging out there. Obviously there are real issues here," she said. "Frankly, I'm furious about it. In politics your name is very, very important."

The other councillors accused in the post are Rainer Bloess (Innes), Doug Thompson (Osgoode), Shad Qadri (Stittsville), Peter Hume (Alta Vista), Eli El-Chantiry (West Carleton-March) and Diane Holmes (Somerset).

LAURA MUELLER/FOR METRO



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Police. Journalist's body found near Brockville; no foul play is suspected

Police have confirmed that a body found in a field in eastern Ontario is that of a journalist who went missing earlier this week.

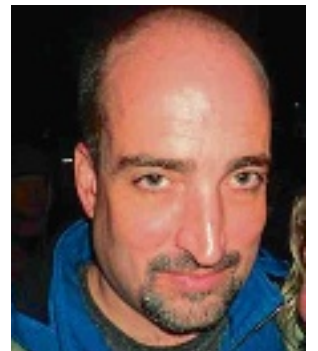
Belleville Police Det. Jeremy Ashley said the body of 39-year-old Steve Pettibone was discovered not far from his abandoned vehicle.

The car was found in a rural area outside Brockville on Tuesday night, prompting an extensive search that led to the discovery of the body.

Ashley said Pettibone's family has been notified and that an autopsy will be conducted Thursday in Ottawa.

Police do not suspect foul play in his death.

Pettibone had been last seen at 7:30 a.m. on Monday when he left his home in Belleville



Police have confirmed that a body found in a field in eastern Ontario is that of journalist Steve Pettibone. COURTESY BELLEVILLE POLICE

to go to work at the Brockville Recorder and Times, where he was the sports editor.

THE CANADIAN PRESS

In custody

Ottawa man faces robbery charges

An Ottawa man is in police custody in Gatineau after he was charged in relation to three retail robberies in the capital in the past month.

The man is accused of targeting gas stations and convenience stores in Ottawa's west end on Aug. 5, 11 and 13. No injuries were reported in any of the robberies. Bruno Caruso, 35, faces three counts of robbery, three counts of wearing a disguise and one count of breach of recognition.

JOE LOFARO/METRO

Ottawa and Gatineau

Road users rack up over 500 charges

Police in Ottawa and Gatineau laid more than 500 charges against road users in the month of July as both

forces stepped up enforcement on cycling safety and red-light infractions.

Ottawa police laid 66 charges relating to cycling safety and 187 charges for road users running red lights. In Gatineau, police laid 51 cycling charges and 199 red-light charges.

JOE LOFARO/METRO

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Today, more than 800 A&W restaurants across Canada will donate \$1 from every Teen Burger sold to the MS Society of Canada as a part of their 6th Annual Cruisin' to End MS Day. Restaurants will also host Cruisin' To End MS events including classic car gatherings, retro music and car hop services.

Multiple sclerosis is the most common neurological disease in Canada, affecting 100,000 people.

DENIS ARMSTRONG/FOR METRO

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understand that there's life beyond diagnosis.

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we can do to improve the quality of life for people with
dementia. How can we help them deal with the diagnosis
and move on? What can we do to reduce the strain on
their caregivers? What are the latest research advances
in prevention, care and treatment?

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Patricia Doucette

Caregiver of a Person with
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Carmen Rodrigue
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Advanced Practice Nurse
Nursing Resource Team
Bruyère Continuing Care

Ross and Sally Cleary

Person with Dementia
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Kate Werneburg, left, and Hallie Burt star in *Elizabeth-Darcy: An Adaptation of Pride and Prejudice* at Campbell House in Toronto earlier this year. DAHLIA KATZ/FOR METRO

Pride and Prejudice in 75 minutes or less

Elizabeth-Darcy.

Two actors play entire cast of classic novel

Jane Austen's classic novel *Pride and Prejudice* is coming to the Perth Museum for two performances Aug. 28-29.

Written and performed by Hallie Burt and Canterbury graduate Kate Werneburg as an actor's challenge, *Elizabeth-Darcy: An Adaptation of Pride and Prejudice* tests the skill and imagination of two actors as they play dozens of characters from the epic English romance in 75 minutes or less.

To get there, the two actors

and best friends spent a year writing the script. Then there was the task of performing the play and the dozen or so characters they alternate through.

Another experience they enjoy is performing up close to the audience in stately Georgian mansions, dressed in period 19th-century costumes.

"We took the challenge because we love Jane Austen and wanted to see if we could pull it off in a genuine, heartfelt way," says Werneburg from her Toronto home. "It's a challenge to play but it's exciting being a part of such an exciting relationship."

Elizabeth-Darcy was originally a hit at the Toronto Fringe Festival before moving

to Toronto's Campbell House, where it played to two sold-out houses.

"Even after 200 years, *Pride and Prejudice* still resonates with people because Darcy and Elizabeth Bennet had a beautiful, fiery, conflicted relationship that keeps them coming back for more," says Werneburg.

"They're good, beautiful characters; their attraction for each other makes them stronger. It's a higher form of love."

This October, she's appearing in Theatre New Brunswick's *Frankenstein* before remounting *Elizabeth-Darcy* in Toronto in December and in Kingston in January 2015.

DENIS ARMSTRONG/FOR METRO

MacArthur hopes to make Sens 'a winning team again'

Clarke MacArthur is happy to call Ottawa home for the next five years.

With one year left on the two-year contract he signed, the 29-year-old Senators forward inked a five-year, \$23.25-million deal on Tuesday that will take him into the 2018-2019 season with the team.

MacArthur, who scored 24 goals and 31 assists to finish fourth in team scoring last year, said GM Bryan Murray asked him if he was interested in a long-term arrangement with the Senators. After losing two team captains, Daniel Alfredsson and Jason Spezza in 2013 and 2014, Murray made it his mission to "lock up his best players early."

"I'm really pleased," MacArthur said during a media conference call Wednesday afternoon.

"Ottawa is a place I and



Ottawa Senators winger Clarke MacArthur THE ASSOCIATED PRESS

my wife love. We want to stay here, and I love the potential of our team. I want to help make it a winning team again."

It's clear that MacArthur

figures prominently in the Senators' future, even if he comes across more as a team player than the company star. He discovered an impressive scoring touch when he was paired with centre Kyle Turris last year.

"(Turris) does everything well. He's got a great attitude and amazing skill. Anyone would play well with Kyle," added MacArthur.

In the meantime, he hopes that Murray can re-sign forward Bobby Ryan as soon as possible and build on last season's success.

"If the team wants me to wear a letter, I'll wear a letter, but I won't lose any sleep if I don't get it," he said. "We're not that kind of team. We have a core of 4-5 players you can build a team around. I'm not a 90-point player, but I can help get the team back into the playoffs."

DENIS ARMSTRONG/FOR METRO

Hintonburg Happening

Calling all artists

The Hintonburg Happening music, food and arts festival is looking for artists to show off their work in the neighbourhood.

Thanks to a new \$750 art grant, the festival is calling out to performers, artists, designers and photographers who would like to have their work shown to the public. Deadline for submissions is Sept. 20. They must include a clear

outline of the idea, the artist's contact information and a bio. A jury of local residents and artists will reveal the winner Oct. 2. Email submissions to info@hintonburghappening.ca. TREVOR GREENWAY/METRO

Petrie Island

Come for the corn, stay for the snakes

Join Ottawa-Orléans MPP Marie-France Lalonde and Mayor Jim Watson for

the Petrie Island Annual Community Corn Roast on Thursday night.

Families are encouraged to show up between 5 and 8 p.m. for corn on the cob and a hot dog.

Kids will be entertained by lizards, snakes and spiders courtesy of Little Ray's Reptile Zoo or they can sit in a fire truck.

For more information, call 613-834-8679 or email mflalonde.mpp.co@liberal.ola.org.

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50,000 people sealed inside slum to contain Ebola

Riot police and soldiers acting on their president's orders used scrap wood and barbed wire to seal off 50,000 people inside a Liberian slum Wednesday, trying to contain the Ebola outbreak that has killed at least 1,350 people across

West Africa.

Hundreds of slum residents clashed with the gunmen, furious at being blamed and isolated by a government that has failed to quickly collect dead bodies from the streets.

The World Health Organization said the death toll is rising most quickly in Liberia, which now accounts for at least 576 of the fatalities. At least 2,473 people have been sickened across West Africa.

THE ASSOCIATED PRESS

Negotiators strive to end standoff

Negotiators worked late into the night in an effort to persuade two men barricaded in a home in the southern Chicago suburb of Harvey to end their standoff with police and release the last of six children and two adults they took hostage.

Four of the children had been released after hours of

talks between the suspects
and hostage negotiators.

Authorities say the two men took the captives after police responded to a call of a burglary in progress at a home Tuesday afternoon. There was an exchange of gunfire that left two officers wounded.

A Harvey spokesman said that after the shooting, the two suspects ran into a nearby home where they barricaded themselves.

THE ASSOCIATED PRESS

Israel sought to assassinate Hamas chief, militants say

Israeli PM Benjamin Netanyahu won't back down in face of failed ceasefire talks

Hamas' military chief escaped an apparent Israeli assassination attempt that killed his wife and infant son, the militant group said Wednesday, as Israel's prime minister warned that the bombardment of Gaza will continue until rocket fire out of the Palestinian territory stops.

The airstrike on a home where Mohammed Deif's family members were staying — and the tough talk from Prime Minister Benjamin Netanyahu — came after the collapse of ceasefire talks in Cairo on Tuesday.

In a nationally televised address, Netanyahu showed little willingness to return to the ne-

gotiating table.

Palestinian militants launched dozens of rockets into Israel, while Israel carried out numerous airstrikes. One airstrike on a Gaza City house killed Deif's seven-month-old son and one of his wives.

More than 2,000 Palestinians have been killed in the fighting, most of them civilians, according to UN and Palestinian medical officials. Sixty-seven people have died on the Israeli side, all but three of them soldiers. A six-day temporary truce collapsed into heavy fighting after Egyptian-mediated talks broke down without an agreement on an extended ceasefire. Hamas has demanded an end to an Israeli-Egyptian blockade of Gaza. Israel has demanded that Hamas disarm.

Since the truce collapsed, at least 22 Palestinians have been killed and more than 120 wounded, Gaza Health Ministry official Ashraf al-Kidra said.

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Hiroshima slide kills dozens

In this aerial photo, rescue workers are seen on the mud-covered ground as they search for survivors after a massive landslide swept through residential areas in Hiroshima, western Japan, on Wednesday. Rain-sodden slopes collapsed in torrents of mud, rock and debris early Wednesday in the outskirts of the city, killing at least 36 people, police said.

KYODO NEWS/THE ASSOCIATED PRESS

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Minks hijinks. Animals freed from Quebec farm at heart of alleged abuse

As many as a few thousand minks could be on the loose in Quebec after someone broke into a fur farm and released animals.

The farm is at the heart of allegations of animal mistreatment.

Provincial police said they are investigating after the overnight release of the minks. Spokeswoman Joyce Kemp said the owner noticed Wednesday morning that the minks had been released from their pens.

A spokesman for the For-

ests, Wildlife and Parks Department said the exact number of minks on the lam is unclear but that there could be a few thousand.

Animal advocates like the Montreal SPCA and Humane International Canada had called on the government last week to seize the animals because of their poor health and substandard living conditions.

The province chose to keep the animals under close supervision at the facility and work with the owner.

THE CANADIAN PRESS



A farm south of Montreal is seen in this undated handout photo. Someone broke into a similar operation in Quebec overnight and released an unknown number of minks. THE CANADIAN PRESS

Harper set to embark on annual tour of the North

Ninth time since becoming PM. His trek gets going Thursday in Whitehorse

Stephen Harper is ready to start his annual trek to the North, his ninth time doing so since becoming prime minister.

The Prime Minister's Office says this year's excursion is meant to showcase the science, technology and research that are underway in the North.

Before he starts his trip, Harper was scheduled to make a pit stop in British Columbia, first to meet business leaders in Chilliwack and later to speak at a \$35-a-head summer barbecue for the Conservative riding association in Langley.

His northern tour gets underway Thursday in Whitehorse at another Conservative party event. The Whitehorse Daily Star reports the Yukon Conservative Association has

sent out around 3,000 invitations to its members and others.

The Conservative party website says the Yukon event will be held Thursday evening at an undisclosed location. Buses will shuttle people from an old Shell gas station on the Alaska highway to the site.

The Prime Minister's Office says Harper is also supposed to make an announcement about northern science and research while in the Yukon.

Then he's off to Fort Smith, N.W.T., to make announcements about developing agriculture in the North before heading to Nunavut, where he'll visit Cambridge Bay, Pond Inlet, Iqaluit and York Sound. He'll also take part in the military's Operation Nanook exercise aboard a naval vessel.

"During the prime minister's ninth annual northern tour, the prime minister will build on our record in the North, showcasing the science, technology and research that



Prime Minister Stephen Harper tours the site of an all-weather road linking Canada's Arctic coast to the south for the first time, in Inuvik, N.W.T., on Jan. 8, 2014. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

is transforming the North, improving living standards and creating jobs as he travels to Yukon, the Northwest Ter-

ritories and Nunavut," Harper spokesman Jason MacDonald wrote in an email.

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This November 2012 file photo shows American journalist James Foley while covering the civil war in Aleppo, Syria.
COURTESY NICOLE TUNG, FREEJAMESFOLEY.ORG/THE ASSOCIATED PRESS

Obama vows U.S. 'will be relentless'

Killing of American journalist. President's remarks affirm U.S. will not stop attacks on Islamic State militants

The United States stood firm Wednesday in its fight against Islamic State militants who beheaded a U.S. journalist in Iraq, pledging to continue attacking the group despite its threats to kill another American hostage.

The U.S. military continued its airstrikes against the group as U.S. President

Barack Obama denounced the group as a "cancer" threatening the entire region.

"We will be vigilant and we will be relentless," he said.

Calling for a global response to the group that now controls territory in both Iraq and Syria, Obama condemned the group's execution of journalist James Foley, whose death he said had left America heartbroken. In forceful remarks, Obama accused the Islamic State of torturing, raping and murdering thousands of people in "cowardly acts of violence."

"ISIL speaks for no religion," Obama said, using an

alternative name for the Islamic State. "Their victims are overwhelmingly Muslim, and no faith teaches people to massacre innocents. No just god would stand for what they did yesterday and what they do every single day."

Since a video of Foley's beheading was released Tuesday, the U.S. military has pressed ahead by conducting nearly a dozen airstrikes on Islamic State targets in Iraq.

The beheading marks the first time the Islamic State has killed an American citizen since the Syrian conflict broke out in March 2011.

THE ASSOCIATED PRESS

Beheading video. Foley's executioner spoke with 'London English' accent

Islamic militants are using a beheading video to send a chilling message — not just through the act, but also through the messenger.

The black-clad fighter who appears to kill journalist James Foley speaks with an English accent, underscoring the insurgents' increasing use of Western militants to mobilize recruits, terrify opponents and project the image of a global force.

He is the latest in a string of international jihadis — Britons, Australians, Chechens, Chinese and Indonesians — to appear in propaganda for the Islamic State group.

U.S. officials have confirmed the video is authentic, an act of revenge for U.S. airstrikes in northern Iraq. In Britain, the investigation focuses on the masked attacker.

Linguists described the man's accent as "multicultural London English," spoken by many young, inner-city residents from a variety of ethnic backgrounds.

"They clearly wanted to use a fluent English speaker to ensure the clip was widely used in the U.S. media," said Peter Neumann, the director of the International Centre for the Study of Radicalization in London. "An American would have been ideal, but there still aren't many American fighters in the conflict."

THE ASSOCIATED PRESS

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#ISISMediaBlackout

Social-media sites try to block video

Twitter and some other social-media outlets are trying to block the spread of gruesome images of the beheading of journalist James Foley by Islamic State militants, while a movement to deny his killers publicity is also gaining momentum. In a tweet, CEO Dick Costolo said his company "is actively suspending accounts as we discover them."

Twitter users who oppose spreading the images are using the hashtag #ISISMediaBlackout.

However, in Europe on Wednesday, tweets could still be found linking directly to the footage on some video-sharing sites.

THE ASSOCIATED PRESS

U.S. attorney general tells Ferguson he understands their mistrust of cops

U.S. Attorney General Eric Holder sought Wednesday to reassure the people of Ferguson, Mo., about the investigation into the shooting death of a black 18-year-old by a white police officer and said he understands why many black Americans do not trust police, recalling how he

was repeatedly stopped by officers who seemed to target him because of his race.

Holder made the remarks during a visit to the St. Louis suburb that has been wracked by more than a week of unrest since the Aug. 9 shooting of Michael Brown. The Obama administration

intended the trip to underscore its commitment to civil rights in general and the Ferguson case in particular.

The attorney general remembered how he was stopped twice on a New Jersey highway and accused of speeding. Police searched his car, going through the trunk

and looking under the seats.

"I remember how humiliating that was and how angry I was and the impact it had on me," Holder said during a private meeting with about 50 community leaders at the Florissant campus of St. Louis Community College.

THE ASSOCIATED PRESS



You could own all 22 houses in Bradian, B.C., for less than \$1 million.

PETER EDWARDS/TORSTAR NEWS SERVICE

Keys to town up

Bradian on the block. All 22 houses for sale in this 'beautiful' 20-hectare town — and you don't even have to be a millionaire to own the entire place

top. "It's beautiful," Lovelace says. "It rivals Banff, really. Every time you turn a corner, it's unbelievable."

The town and all its houses can be yours for \$995,000.

In B.C. terms, that's not so bad, Lovelace says. He has a fly-in log mansion listed for 20 times as much and notes he can get a lineup of hopeful buyers for a \$700,000 two-bedroom condo in Richmond.

Bradian certainly has its charms for those who value privacy. For more than a quarter century, it was a ghost town after the local gold mine shut down. It was revived in 1997 when it was bought by a young Vancouver couple who worked for Air Canada.

Since then, Bradian has been a summer home and labour of love for the couple and their son and daughter.

Lovelace markets Bradian as a once-in-a-lifetime opportunity, noting it's "just four hours from Vancouver over the

There's no need to put up "For Sale" signs in front of houses in Bradian, B.C.

Only four people live in the mountain community and they're the ones selling all 22 houses there.

If you decide to buy the town, you might also want to invest in some paint, since what's there now began peeling decades ago.

You would also be wise to bring a shovel, as the plumbing is suspect at best.

While the 20-hectare town is short on conveniences, real-estate agent John Lovelace notes that the scenery of the interior mainland is hard to



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this B.C. for grabs

Bradian owner's manual

You won't be totally alone if you decide to buy up the town. Aside from the local grizzly and black bear population, bobcats, mountain goats and deer, there's also the neighbouring community of Bralorne (known to locals as "The Lorne"), which boasts a population of 60 residents, 29 dogs, a pub and a coffee shop.

- If you do decide to buy up Bradian, you would be wise to invest in a reliable four-wheel-drive vehicle. It's a two-hour drive by forestry

road to Whistler in summer months, but that time doubles in the winter when you'll have to wind through the relative metropolis of Lillooet (population 2,324).

- Real-estate agent John Lovelace has had between 30 and 50 inquiries, but they tend to soften when people hear of the suspect plumbing and travel challenges. "I don't understand how it hasn't sold," Lovelace says. "It's a long-term investment."

scenic Hurley Pass" and that it has phone service and electricity — conveniences lacking in your average ghost town.

There's also a road and "access through the property to both sides of Cadwallader and Blackbird creeks."

He suggests it might be just the place for snowmobiling

aficionados, since there's no shortage of snow throughout the winter.

"In fact, it is said this is one of the best snowmobiling areas in B.C. and the town would be a great resource for a snowmobiling operation," Lovelace suggests.

TORSTAR NEWS SERVICE

Egypt

Canadian journalist imprisoned in Cairo appeals sentence

The family of an Egyptian-Canadian journalist imprisoned in Cairo says lawyers have filed an appeal in an effort to secure a new hearing.

Mohamed Fahmy was found guilty on terrorism-related charges in a trial that a number of international ob-

servers criticized as a sham.

Fahmy was working for Qatar-based Al-Jazeera English when he was arrested on Dec. 29. He was sentenced to seven years behind bars.

Adel Fahmy says it took some convincing for his brother to agree to an appeal because he was still infuriated over the verdict. The family has also been hoping international pressure might result in an overturning of the conviction.

THE CANADIAN PRESS

CSEC

Report: Canadian spy agency violated privacy policies

Canada's electronic spy agency intercepted — and kept — several private communications of Canadians last year in violation of internal policies on personal information.

In his annual report, the watchdog that keeps

an eye on Communications Security Establishment Canada says while many of the 66 intercepts involving Canadians were handled properly, some were not.

Ottawa-based CSEC monitors foreign communications of intelligence interest to Canada and exchanges a large amount of information with similar agencies in the United States, Britain, Australia and New Zealand.

THE CANADIAN PRESS

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Bumper cars on a ship? Cruise companies set sail for new market in China

Royal Caribbean's newest ship has attractions not usually seen on cruise liners, including bumper cars, a sky-diving simulator and a glass observation capsule on a mechanical arm that lifts its passengers high into the air.

Also a surprise is the vessel's intended home port: Shanghai.

After floating out of a German shipyard last week, the \$935 million US Quantum of the Seas will spend the winter running between New

York and the Caribbean before moving to its new base next summer in mainland China's financial centre.

It's a gutsy move for the world's second-biggest cruise company. Cruise operators have traditionally sent older vessels to developing countries while saving their most advanced ships for U.S. and European customers. But surging growth in China means it's a market operators can no longer ignore.

THE ASSOCIATED PRESS



Star Cruises ship Superstar Virgo, docked at Ocean Terminal in Hong Kong on Wednesday. VINCENT YU/THE ASSOCIATED PRESS

Missed target in Canada

Target 'bit off way too much, too early': CFO

If Target Corp. could re-do its launch into Canada, it would start with just a handful of stores, instead of the more than 100 it opened last year despite their lukewarm reception, the retailer said Wednesday.

However, Target chief financial officer John Mulligan said the retailer is not changing its plan to have 133 stores in Canada by the end of this year and 150 stores by 2017.

"We bit off way too much, too early," Mulligan said during a conference call with Canadian reporters.

"In retrospect, (we would) probably open five to 10 stores last year — refine the operations, refine the supply chain, the technology, get our store teams trained. But again, that's all hindsight; we are where we are right now and we're focused on moving forward to fix this for our guests."

THE CANADIAN PRESS



Joanie Pelzer poses with her dog Hubbell, a nine-year-old Chihuahua, in New York in May. DANA HUMPHREY/THE ASSOCIATED PRESS

Must love dogs

Is a dog eating your meal a deal breaker?
Then this new breed of online dating site may not be for you

On these dating sites, a passion for pets will help you find more than just puppy love.

Sites like PetsDating.com and YouMustLoveDogsDating.com have found a new niche as singles flock to computers and smartphones to find relationships, connecting dog owners to potential mates who enjoy long walks in the dog park and slobbery canine kisses as much as they do. Many of the sites encourage users to bring their dogs on first dates to break the ice or

size up canine chemistry.

Many dating sites cater to religious, cultural and political preferences but won't focus as heavily on interests like pets, music or travel, said Karen North, a professor of social media at the University of Southern California's Annenberg School of Journalism.

"If you find somebody with the same lifestyle passion, you don't have to start out at square one," North said.

When Joanie Pelzer signed up with a dog-friendly online dating service a few years ago, she was honest about her Chihuahua — he likes people more than other dogs, craves attention, steals food and can't stand to ride in the backseat of a car.

Even a man who loved animals as much as she did couldn't keep up with her

dog's quirks. On their first date, her Chihuahua, Hubbell, stole the man's breakfast as they drove from New York City to Long Island. They only had one more date.

"I still wonder if Hubbell didn't have something to do with that," said Pelzer, 47, an actress who runs her own social-media company and met the man on PetsDating.com.

Despite that setback, having a common interest such as pets can help the search for love.

"Having a theme that is ... about one's passion makes it feel like you are looking for a needle in a smaller and far more relevant and appealing haystack," said Michal Ann Strahilevitz, a professor of marketing at Golden Gate University in San Francisco.

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Latest to ban practice

New Zealand bans shark finning

New Zealand announced it will ban the practice of shark finning, a move the Pew Charitable Trusts said is welcome and will bring the country in line with other developed nations.

New Zealand's Conservation Minister Nick Smith said the move will reinforce the country's reputation for sustainability and environmental protection.

THE ASSOCIATED PRESS

\$602-billion valuation

Apple's stock hits record \$100.77

Apple's stock touched a new high Wednesday, reflecting investors' renewed faith in CEO Tim Cook's ability to outwit the competition and expand the technological-hit factory built by the late Steve Jobs.

Shares peaked at \$100.77 US Wednesday morning, giving Apple a market value of about \$602 billion.

THE ASSOCIATED PRESS

DR. MAZEROLLE'S GUIDE TO HEALTHY LIVING

My doctor wants to undergo a check-up soon, the sort where he treats me like a used car: inspecting the chassis, taking a peek inside and deciding that the motor is not what it used to be.

But I'm not complaining; I need my tires kicked from time to time. Like a car, I'm not a self-starter. I don't clean my apartment unless I know someone's coming over (so, never), and I don't start flossing until I can hear the dentist's footsteps in the next room.

I need to know somebody is going to check up on me or it all goes to hell. So I'm thankful my doctor periodically tells me the various ways I've ruined my life and the excruciating ways I can fix it. Otherwise, it would be worse.

Entering middle age might mean my body is failing, but — lucky you! — my brain is functioning at a youthful level of smugness that allows me to decide how *you* should live *your* life.

**HE SAYS****John Mazerolle**

metronews.ca

Follow these tips for healthy living and you'll leave your check-up with a shiny new inspection sticker from the DMV (Department of Metaphors Vexatious). Vroom vroom.

Highway to Health:
Dr. Mazerolle's guide to healthy living:

Love yourself. Nobody else will do it for you, because you're sort of irritating.

Keep hydrated. Did you know we are 60 per cent water? Try to limit urination, bowel movements, perspiration and breathing to keep all that precious water inside.

Get enough sleep. Notice how much energy teenagers have? It's because they sleep a minimum of 20 hours a day, plus naps. Follow suit and you'll have teen angst, flashes of anger and unwanted sexual feelings just like the good old days.

Meditate. Sitting uncomfortably in one spot, doing nothing and trying to stop even thinking might seem like a colossal waste of time — but not if you meditate about it, apparently.

Exercise. Research has shown that the best, most natural rhythm for exercise is a whole bunch of gym visits in January, then a couple in February, then nothing until early summer when you jog outside a couple of times.

Don't binge-watch. Instead, watch small TV shows throughout the day. Stop whenever you feel emotionally satisfied.

Lose weight. Drop your partner and that's 150 pounds right there, am I right? No, seriously, if you break up with your husband or wife you will lose 30 pounds. Ask your doctor if divorce is right for you.

Whatever Dr. Oz says. Kale and magnets together, probably. Go for it. He's a doctor.

A tale of two Californias



In these before-and-after images, the Green Bridge is shown in July 2011 and August 2014.

TOP: PAUL HAMES/CALIFORNIA DEPARTMENT OF WATER RESOURCES VIA GETTY IMAGES; BOTTOM: JUSTIN SULLIVAN/GETTY IMAGES

Drought continues to wreak havoc

A wildfire that scared a community near Yosemite National Park has been tamed by firefighters after some early surges, and some of the more than 1,000 people who fled from their homes have returned.

"We're not seeing the fire

expand like we thought," Madera County Sheriff John Anderson said Tuesday after crews had the fire 35 per cent contained.

The fire comes amid California's third straight year of drought, creating tinder-dry conditions that have significantly increased the fire danger around the state and sent firefighters scrambling seemingly non-stop from blaze to blaze.

THE ASSOCIATED PRESS

Challenge challenged

For some, watching people douse themselves with ice water flies in the face of the conservation rhetoric being stressed by officials.

- On Monday, L.A. officials announced that they are beefing up their water-wasting patrols.

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METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 26 in Sports

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MetroTube

Bucket #fail list



ANDREW FIFIELD
andrew.fifield@metronews.ca

It's difficult to be too hard on the Ice Bucket Challenge because it's been a fundraising bonanza for ALS, even if the connection is accidental. But now that sports execs and former U.S. presidents are jumping on board, a lot of us are ready for the whole thing to pass. But first, let's wrap up the trend with a collection of frigid foibles and ice bucket calamities endured by less-successful contestants. It's a nice palate-cleanser to get us ready for the next — and hopefully just as successful — charitable shenanigans. Note: there's one instance of some salty language here. Surprisingly, it's not the guy holding a Jameson bottle. (Boredom Bash/YouTube)

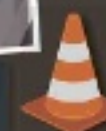


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BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

With the stadium complete and both the Ottawa Redblacks and Ottawa Fury FC hosting games on their new home turf, Ottawa Sports and Entertainment Group (OSEG) is now focused on making sure fans at TD Place enjoy the experience.

"Everyone at OSEG is committed to customer service, as are our partners at the City of Ottawa, OC Transpo and STO, who worked endless hours developing and implementing a transportation plan that works," says Randy Burgess, OSEG's vice president of communications and fan experience, adding that his job is to create the best possible door-to-door experience for fans.

"On the entertainment side, we have a game day producer, Paul Prose, who has years of experience in the NHL, NFL and MLS, a full-time videographer, event co-ordinators and many other creative people who collaborate on the development of ideas for the show.

"For everyone on my team, it's all about the fans."

Game day entertainment starts hours ahead of



From cheer squads to marching bands and pre-game party food trucks, the Ottawa Sports and Entertainment Group wants you to come out and have a good time on game day. CONTRIBUTED

kickoff — before every Redblacks game, there is a massive pre-game party outside the Aberdeen Pavilion with a live band and tons of food on hand, courtesy of Lone Star and a number of local food trucks.

During the game, there are two cheer squads that perform (an acrobatic stunt team and a dance team), marching bands, drum lines and other traditional football entertainment.

There are even oppor-

tunities for the fans to get involved.

"We've started doing North versus South fan challenges where a fan representing the North Side challenges a fan representing the South Side in a kicking contest or a foot-race or a football catching drill," Burgess says.

"South Side fans always chant 'North Side sucks!' after each contest, no matter who wins."

The biggest challenge

when it comes to ensuring a stellar fan experience at TD Place, Burgess admits, is the fact that everything and everyone is so new.

"We are still a work in progress," he says.

"The building is new, the staff is new, the equipment is new. It takes time to work the bugs out and we really haven't had much time.

"Having said that, with every game we're getting better."

Next game

- Ottawa Redblacks vs. Calgary Stampeders
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Frank Miller traces his unlikely success

Sin City 2. Series creator tells Metro how he kept drawing despite the doubters who didn't believe in his style of crime comics



NED EHRBAR
Metro World News in Hollywood

Frank Miller's comics career is a long and storied one, with *Sin City* being one of his most individual creations. Here, in his own words, is his journey toward creating the series — and its unlikely jump to the silver screen:

"I grew up on Superboy comics, and then Spider-Man and that sort of thing, and after a while they started to seem kind of juvenile to me and I lost interest. But I kept drawing.

"Meanwhile, what I was reading were things like Mickey Spillane and Raymond Chandler. So the two loves merged into doing crime comics, which I thought was just an absolute natural and would go over big.

"I moved to New York, was told to go back home. 'We don't need you. Go pump gas. You're from Vermont. We've got news for you: You're not drawing guys in tights.' So I had to learn how to draw guys in tights, and I put them



Frank Miller, left, with the cast and director of *Sin City 2*. GETTY IMAGES

into as many crime situations as I could. And then after working in comics and gaining some notoriety and then working in Hollywood, I sat down and decided I would just please myself, and I would do the one comic book that could not possibly be turned into a movie.

"And it ended up being *Sin City*. Then (Robert Rodriguez) shows up."

All about Alba

Of all the intense characters in the *Sin City* universe, vengeful stripper Nancy, played in both films by Jessica Alba, might be his favourite — thanks in large part to Alba's performance. He's found it so inspiring, in fact, that he's eager to get to work on a third film. "The original working title for Jessica's story was *Nancy's Last Dance*, because she had been the abused victim, she had been through the wringer, and she had ended up as many women in her situation do, which is an exotic dancer," Miller says. "This time, she turns into something else. And I've already got her next chapter planned, so please show up for the second movie."

The Jungle Book: Origins Benedict Cumberbatch to voice Shere Khan

The Andy Serkis adaptation of *The Jungle Book*, due from Warner Bros in 2016, will have Sherlock star Benedict Cumberbatch as its prowling tiger, Shere Khan.

As a cast member on *Star Trek Into Darkness* and *The Hobbit: The Desolation of Smaug*, Cumberbatch is no stranger to generously budgeted blockbuster filmmaking, and *Jungle Book: Origins* will see him team up with *The Hobbit* second unit director Andy Serkis once again.

For Serkis, *Jungle Book: Origins* will mark his first full directorial debut, making good use of his experience with motion capture and computer-generated imagery, with a release date of Oct. 21, 2016.

In contrast, Disney's version of the Rudyard Kipling classic, named *The Jungle Book* and due Oct. 9, 2015, has *The Wire*



Benedict Cumberbatch
AFP

and *Pacific Rim* icon Idris Elba. *Mowgli*, played by newcomer Neel Sethi, is surrounded by the likes of Bill Murray as Baloo, Scarlett Johansson as Kaa, Lupita Nyong'o as Rakcha and Christopher Walken as King Louie. AFP

Film

Sigourney Weaver to star in A Monster Calls

Sigourney Weaver is set to play grandmother in *A Monster Calls*. The actress will join Liam Neeson and Felicity Jones on the set of the film adapted from Patrick Ness's children's book, reveals the Hollywood Reporter.

The children's fantasy novel *A Monster Calls* tells the story of Conor, a 13-year-old boy struggling to come to terms with his mother's terminal cancer. It's set for release Oct. 14, 2016.

AFP

Hollywood

Ant-Man adds rapper T.I. to its cast

Marvel's 2015 project *Ant-Man* adds rapper and actor T.I. to its personnel, as well as actors from *Boardwalk Empire*, *Archer* and *Mad Men*.

T.I. is releasing his ninth major label hip-hop album — *Paperwork: The Motion Picture* — in September of this year, having collaborated with Pharrell, Busta Rhymes, Jeezy, B.o.B. and Rick Ross during the course of its creation.

AFP

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JAU QUAI DU PARC JACQUES CARTIER, 180 RUE LAURIER,
25\$ PAR BILLETS.

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Tom Hanks ALL PHOTOS GETTY IMAGES

Hanks and Wilson split after 26 years of marriage, but reunite a month later

Nobody likes to read bad news about professional nice guy Tom Hanks, but thankfully this has a happy ending.

According to Life & Style, Hanks and wife Rita Wilson hit a rough patch in their 26-year marriage, spending a month quietly separated. "They were leading separate

lives. Although they attended social functions and walked their dogs together, they were living in separate residences," a source says.

But the trouble was only temporary, thankfully. "Tom and Rita are not just husband and wife, they are best friends. It will take a lot to split this couple up for good."

Depp's teenaged daughter lands her first starring role

Johnny Depp's 15-year-old daughter, Lily-Rose Depp, is getting in on the family business, having booked her first starring role in a film.

Lily-Rose will play one of the leads in Kevin Smith's next film, Yoga Hosers, along with Smith's 15-year-old daughter, Harley Quinn Smith, as characters that appear in a cameo in his most recent film, Tusk, according to the Hollywood Reporter.

Dad Johnny will also appear in the film.



Johnny Depp

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Friends fear poor Barton is broke and bummed out



People are really, really worried about Mischa Barton. Again.

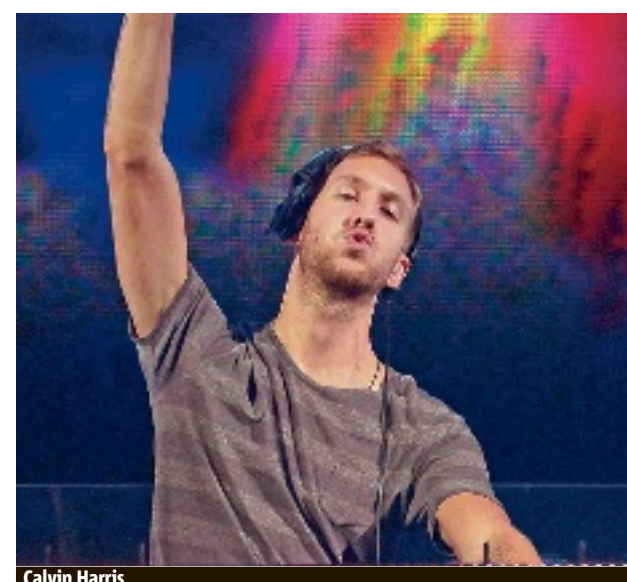
The former O.C. star is reportedly in deep financial trouble and can't seem to get her career restarted. Given her past emotional troubles, her friends and family are fearing a relapse, according to Star magazine.

"Mischa's loved ones are concerned for her health and safety," a source says.

"It's extremely heart-breaking. She's broke and ashamed — and I'm afraid that she may try to numb the pain ... Even though she's basically broke, whiskey is cheap and she can use what's left of her money."

Star claims that Barton is more than \$100,000 in debt and her \$6.4 million Beverly Hills mansion is in foreclosure.

Poor Mischa Barton. It seems like the only way her name gets in the news anymore is when friends are worried about her. If these "friends" cared so much about her, maybe they could spend their time, I don't know, taking her out for a nice dinner or a spa day instead of just griping to the nearest tabloid.



Calvin Harris

Spinning his turntables into buckets of gold

How much can you make standing behind a laptop and some turntables in a Las Vegas nightclub? Much more than you'd think, apparently, as Calvin Harris knows well.

Harris was named the highest-paid DJ in the world for the second year in a row by Forbes magazine. His take-home pay for the past

12 months? Oh, only \$66 million US. "The rise of dance music has been astronomical in the last three years. I happened to be in the right place at the right time," Harris tells the magazine, trying to downplay his success.

Rival DJ David Guetta came in second with a paltry \$30 million.

Twitter



@bobsaget

For me, every day is John Stamos' birthday.



@samantharonson

A doorbell rang in a movie i'm watching and my dog didn't go barking her way to the front door. what is the appropriate reward?



@TomArnold

What's the name of the holiday that starts when your in-laws leave and lasts until they come back for the High Holy Days? It started today

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SHOPPERS
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An aroma mixed with integrity

Perfumes for peace.

Barb Stegemann's scents are infused with a story and a sense of purpose

IRENE
KUAN
life@metronews.ca

Barb Stegemann was on a trip to Haiti meeting suppliers for her successful perfume company The 7 Virtues when she was introduced to a Rwandan bracelet maker.

The woman told her the bracelets symbolized empowerment for HIV widows who had survived genocide in Rwanda, and with the purchase of that one bracelet, plus an invitation by the Rwanda High Commission to visit the country; the Canadian perfumer was inspired to create her next signature scent — Patchouli of Rwanda.

"Within six months I was holding the woman's hand who made my bracelet and living a dream come true, trekking into the hills of Rwanda to meet our patchouli farmers and being a part of the solution," Stegemann recalls.

The Rwandan patchouli farmers the Canadian company employs are adult orphans and widows of genocide, and through her partnership and investments, Stegemann's hope is the farmers can live with dignity and rebuild in their war-torn communities.

The company has also sourced essential oils for perfumes from countries like Afghanistan, Haiti and the Middle East, investing more than \$120,000 into those regions through purchases of oil.

"We as North Americans



Alphonsine is able to support her family harvesting patchouli in Rwanda.
PROVIDED



Barb Stegemann PROVIDED

have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world," Stegemann says.

Patchouli is not an easy

Take charge of change

"We as North Americans have the buying power to do some of the heavy lifting to reverse issues of war and poverty in partnership with citizens around the world."

Barb Stegemann
Founder of The 7 Virtues

essential oil to work with, Stegemann explains, but she feels the scent of the plant evokes a host of '70s hippie sentiments that she loves. For her, the bushy herb symbolizes liberation, democracy and peace.

To truly tap into the democratic process, she travelled to London, New York City and Toronto to consult with

Newest fragrance

Patchouli of Rwanda launches on Sept. 21, in honour of The International Day of Peace. The fragrance is available at The Bay in Canada and retails for \$70/50ml.



beauty writers in designing her latest unisex fragrance.

"I wanted this scent to symbolize that carefree peace and love," she said.

To create the new scent, the natural patchouli oil is blended with hints of cedar flower, freesia, red grapefruit and hibiscus, creating a refreshing Canadian-produced vegan and paraben-free perfume.

Patchouli of Rwanda is the fifth fragrance from The 7 Virtues, a startup launched by Stegemann in 2010 in Nova Scotia. She went on to pitch successfully to CBC's Dragon's Den, securing \$75,000 investment from entrepreneur W. Brett Wilson and was named the show's Top Game Changer for Season 5.

Today, the company has offices in Toronto and London, U.K. and the company's line of Canadian-made fragrances are available at The Bay in Canada and in high-end department stores such as Lord & Taylor in New York City, Selfridges in London, and Galeries Lafayette in Berlin.

The 7 Virtues line



Middle East Peace



Afghanistan Orange Blossom



Noble Rose of Afghanistan



Canadian street style

Spotted in: Toronto

Name: Skye

Age: 22

Occupation:
Musician

What she's wearing:

Hat by Brixton, glasses by TOPSHOP, dress by TOPSHOP, shoes by Jeffrey

Campbell and my dog is from Mexico.

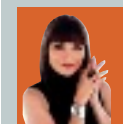
Her inspiration:

"Brooklyn street fashion, English supermodel Agyness Deyn, and male model Ash Stymest"

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TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



Check out this '40s python train case (with matching passport case) I scored at an antique store in Huntsville! #glam

Rock 'n' roll royalty turns her reign to the retail world

Pop-preneur. Kelly Osbourne designs fashion line for HSN

TINA CHADHA
Metro World News

Sharon Osbourne isn't the only smart cookie in her famously quirky family. Daughter Kelly has parlayed her gig as fashion expert on E! network's fashion police to full blown designer. The 29-year-old will launch her first contemporary fashion line, *Stories ...* By Kelly Osbourne, with HSN reports *Women's Wear Daily*.

The line, which retails from \$55 to \$170, hits HSN on Sept. 25. And like everything else these days there's an interactive element. Os-



Let's hope this is just chapter one of Kelly Osbourne's fashion career. DONATO SARDELLA / WOMEN'S WEAR DAILY

bourne will also launch a website where fans can share photos of themselves in the looks as well as their experiences.

Yes, there are so many celebrity-helmed fashion lines but why we aren't rolling our eyes at Osbourne's effort is because the TV personality is creating her clothes with real women in mind.

"Because I have been

everything from a size 0 to pretty much almost a 16, depending on the brand, it made me realize all the tricks I had learned to cover up certain areas or to detract from certain areas, and what I like in clothing," said Osbourne. *Stories* will range from size 0 to 24.

"It's really unfair that America has this disillusion that the most common size is size 14, and that's

only because that's as big as most fashion designers go," continued the outspoken star.

"My mission is not to be the No. 1 fashion designer in the world. I'm not trying to change or come up with anything that people haven't already done. I'm just trying to make fashion fair and make good quality basics available to all women." Preach!

Oufits for all!

"It's really unfair that America has this disillusion that the most common size is size 14, and that's only because that's as big as most fashion designers go."

Kelly Osbourne

I'll take those shoes straight up with a twist

From red carpet to retail stores. Angelina Jolie's Maleficent Louboutin shoes to arrive in October

The shoes that caught fashionistas' attention on the red carpet of the Maleficent premieres are about to hit the streets.

Created by Christian Louboutin in collaboration with Angelina Jolie for her recent press tour, the limited edition Malangeli



shoes are now available for pre-order at the brand's five flagship stores in Paris, Hong Kong, London, New York and West Hollywood.

Available in black and red, the shoes have a twisted heel that calls to mind a curl of smoke for an evil touch.

Shoe addicts will have to shell out €1,045 (around \$1,400) to pre-order a pair, with delivery starting Oct. 20.

But since Angelina Jolie is involved, the initiative will also benefit a good cause: All proceeds will go to SOS Children's Villages, which works to improve the lives of orphaned and abandoned children. AFP



Christian Louboutin's Malangeli shoes are also available in a bold red.

CONTRIBUTED

BAYSHORE BLOG FILES

BAYSHORE SHOPPING CENTRE INTERVIEWS THE HOTTEST BLOGGERS AND TRENDSETTERS!



JULIE LAN

Location: Ottawa

Blog: papchampaignblog.com

FAVE TRENDS FOR SPRING/SUMMER?

I'm really liking the country look, especially the florals and pastels that are popping up everywhere. I love mixing and matching bold prints, and including bold jewellery.

WHAT IS YOUR STYLE PHILOSOPHY?

My style is definitely a reflection of my mood. I'll go more colourful and bright when I'm happy, and more monochromatic on some other days. Overall, I love a style that is feminine and easygoing, blending key pieces with items that are more understated.

WHY BLOG?

Blogs are great because they provide you with a voice, and a way to share that voice with the public. Not everyone agrees with what you post, but it's important to have a point of view, and stand by your beliefs.

ANY FASHION ADVICE?

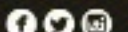
Ask yourself what you're comfortable with, then look for trends and styles that work for you as an individual.

FAVE PLACES TO SHOP?

Town Shoes, Zara, H&M, Winners.

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Forget what you know about pasta



This recipe serves four. ROHIT SETH

Beet Ravioli with Basil Sauce. Eating raw isn't all about lettuce wraps. There are exciting ways to abide by raw rules while surprising guests

Angus Crawford and Chelsea Clark, authors of *Rawlicious at Home*, recommend soaking the nuts used in the Cashew Cheese and Basil Sauce in about three inches of water, uncovered at room temperature. Cashews should be soaked for four hours and pumpkin seeds for six.

Cashew Cheese

1. Place everything, except the water, in a food processor and process until combined.

2. Add the water and process until smooth.

Basil Sauce

1. Blend all ingredients in a

blender until smooth.

Beet Ravioli

1. Use a mandoline to thinly slice the beets. You will have some extra slices that are irregular or not complete. Select the best ones and match up in pairs for the top and bottom of each ravioli.

2. Combine the olive oil and lemon juice in a bowl, and add the beet slices. Marinate the beets for 30 minutes to soften.

3. Mix the cashew cheese with the dill.

4. Remove the beet slices from the marinade and lie flat on a cutting board. Drop 1 tsp cashew cheese in the center of half the slices.

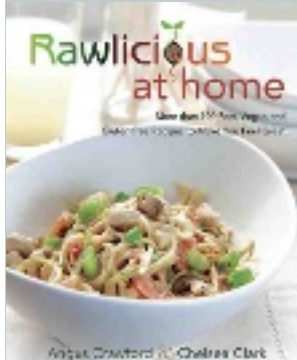
5. Lay the remaining beet slices on top of them. Use your hands to press down and seal the edges of each ravioli, wetting your fingers with a little water to help them stick.

6. Serve with a drizzle of basil

sauce otop. RECIPE EXCERPTED FROM *RAWLICIOUS AT HOME* BY ANGUS CRAWFORD AND CHELSEA CLARK © 2014 COMPANY U INC. REPRINTED BY PERMISSION OF APPETITE BY RANDOM HOUSE, A DIVISION OF RANDOM HOUSE OF CANADA LTD. A PENGUIN RANDOM HOUSE COMPANY. ALL RIGHTS RESERVED.

Cookbook of the Week

Take the cooking out of dinner



Going raw may seem intimidating, but *Rawlicious at Home* by Angus Crawford and Chelsea Clark makes it simple with its easy-to-follow directions, beautiful imagery and informative sections that explain the tools and methods you will use. The book boasts more than 100 raw recipes. Among the dishes are Corn Chowder, Don't Be Chicken Salad Sandwich, Lasagna, Spring Rolls, Mexican Pizza, Carrot Cake Bites and more. **METRO**

Ingredients

Cashew Cheese

- 2/3 cup cashews, soaked
- 1 1/2 tsp fresh lemon juice
- 1/2 clove garlic, chopped
- 1 1/2 tsp nutritional yeast
- 1/2 tsp sea salt
- Pinch ground black pepper
- 1/4 cup filtered water

Basil Sauce

- 1/4 cup extra virgin olive oil
- 2 tbsp filtered water
- 2 tbsp pumpkin seeds, soaked

- 1/2 cup fresh basil
- 1 tsp fresh lemon juice
- 1/2 clove garlic
- 1/4 tsp ground black pepper
- Pinch sea salt

Beet Ravioli

- 6 large beets, peeled
- 4 tbsp extra virgin olive oil
- 2 tbsp fresh lemon juice
- 2/3 cup Cashew Cheese
- 3 sprigs dill, chopped
- 1/2 cup Basil Sauce

It might already be late August, but you can stretch out summer for as long as possible with just a few quick updates and key pieces

AFP

Make summer stay just a little bit longer



Carry a tune

Irish designer Orla Keily works her summery magic on this retro-style radio with a multi-coloured leaf motif. The radio is both digital and FM, and also acts as a kitchen timer, alarm clock and an input for iPods and MP3 players.

Evoke Mio Radio, Orla Keily, approx. \$273 ORLA KEILY



Splash out

Inject some seaside surrealism into your sanctuary with this fun and quirky shelving unit from Kare Design. Fabricated from bright yellow painted metal, the storage system is 1.72 metres tall.

Etagère Anchovis Jaune, Kare Design, \$1,075 PRESS LOFT

Put on the spot

Tropical, bold and vibrant, this silk throw from Italian design magnate Roberto Cavalli will ward off any chilly fall vibes for months to come. Featuring a floral motif on a turquoise background, the underside is covered in a feisty leopard print for added glamour.



Roberto Cavalli Floreale Silk Throw, \$1,458 ROBERTO CAVALLI

Crush hour

This transparent mojito mixer from Parisian design concept store Merci features an easy-to-handle pestle doubling as an ice crusher.

Mortier à Mojito, Merci, approx. \$44 MERCI



Aisha Bone Coasters, Eco Chic, approx. \$87 PRESS LOFT

Coaster to coaster

Jazz up your side tables with these handmade coasters. Fabricated from chips of bone inlaid together and then overprinted with colourful geometric motifs, these accessories are both summery and ethically designed.



In the loop

This chic pink hose is 20 metres long and features a knitting-reinforcement around the inner tube for added flexibility. Also available in silver, black, white and gold colours.

Pipe Dream, Garden Glory, approx. \$160 JONATAN FERNSTROM, SWEDEN/GARDEN GLORY

Ruché and ready

Paris designer Inga Sempé's Ruché collection for French contemporary brand Ligne Roset comes in a wide range of vibrant hues, including this summery yellow.



Ruché Settee, Ligne Roset. From approx. \$5,495 LIGNE ROSET



Vases Pliables, Merci, approx. \$29 MERCI

Cross paths

These funky foldable vases from Parisian design concept store Merci will freshen up your boudoir in no time. Featuring a multicoloured geometric stripe, the pieces are made from PVC.

Blaze your way through the chilly weather

DIY. Build your very own backyard firepit in just a few hours and enjoy it right through the fall

Our summer days are numbered as the cool fall weather is upon us, which means it's time to take advantage of these last blissful weeks. Building an outdoor fireplace is a great way to wrap up the summer and spend time with the kiddies before they head back to school.

Just because it's getting colder out doesn't mean you should be hiding away indoors. Keep reading for tips and tricks on how to build your very own outdoor fireplace in just a couple of hours.

Getting started

Begin by selecting the necessary material. A variety of stone and rock is available, but to make the process easier, use blocks that are made

Things to note

- Make sure you have a solid foundation.
- Use material that is non-flammable and build on a surface that is flat and level. Use sand and rocks to level an uneven area.
- Keep the fire 25 feet away from a house, tree or other flammable structures.
- Your local building code may require you to construct a border of sand or gravel around the fire. Be sure to get informed and check your local code for special requirements.

from cast concrete shaped to look like real stone. Choose a designated area and use a spade to mark a square in the ground. Continue by digging up the area about 12 inches deep and fill it halfway with gravel and sand — make sure to rake the surface flat.



Build a backyard firepit from cast concrete, brick or stone to get the most out of cooler summer evenings. ISTOCK

Heavy duty

Position and align your first layer of blocks around the outside of the square. Once complete, add more gravel to the centre of the pit to secure the first layer of blocks. Much as you would with brick and mortar, continue by using the blocks and cement to build your second, third and fourth layers.

Enjoy

Once you complete layering all the stones, wait for the cement to set and dry. Many other features like a steel ring for grilling or decorative rocks can be added to customize your fireplace. Now pull up a chair and get ready to sit back and relax.

More backyard ideas

For more ideas on how to revamp your backyard, check out brand new episodes of Yard Crashers, with back-to-back episodes Wednesdays at 10 p.m. ET/PT on DIY Network Canada.

Pg. 148
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Jays breathe a short sigh of relief, at last

Homebound. Road trip from hell ends on a good-note win over Brewers in Milwaukee

The Toronto Blue Jays are heading home with a sense of relief.

Outslugging one of the best teams in the National League can ease the sting of a 2-6 road trip.

Jose Bautista's three-run homer capped a five-run sixth inning, and Toronto snapped the Milwaukee Brewers' five-game winning streak with a 9-5 victory Wednesday.

It's time to start chipping away again in the AL East after falling a season-high nine games out of first entering the day.

"This has not been a good road trip for us; anybody will tell you that," starter R.A. Dickey said. "The home run by Jose was the difference and you could kind of hear a collective sigh on the bench."

Bautista hit a 1-2 pitch from reliever Brandon Kintzler into the Brewers' bullpen in right field, scattering pitchers from their seats. The two-out homer made a winner of Dickey (10-12), who gave up five runs in 5 2/3 choppy innings.

"In reality, that's baseball. You go through these stretches," said manager John Gibbons. "It doesn't take much just to miss a ball."

Dickey left after Carlos Gomez's two-run homer in the bottom of the sixth made



Brewers' catcher Jonathan Lucroy can't handle the throw as Toronto's Munenori Kawasaki slides safely home in the sixth on Wednesday in Milwaukee. Kawasaki scored from second on a hit by Jose Reyes. MORRY GASH/THE ASSOCIATED PRESS

On Wednesday

9

Jays

5

Brewers

it 7-5. The bullpen held on from there, and Toronto got some extra cushion after Colby Rasmus hit a two-run homer, his 16th of the year, in the ninth.

The Blue Jays out hit the

NL Central leaders 15-10.

Brewers manager Ron Roenicke pointed back to the sixth as a turning point.

"So, tough inning, you know we come back, and Gomey gets the two points and we get a little closer, and we give up another homer. So we just didn't pitch that well today," he said.

After an off-day, Toronto returns home to face the Tampa Bay Rays on Friday. Right-handed pitcher Marcus Stroman (7-4) will try to rebound from a rough outing after he failed to get out

AUGMENTED REALITY

→ Scan the image with the Metro News app for more from Wednesday afternoon in the MLB.



→ See the full instructions on Metro's Voices page.

of the first and allowed five runs on Aug. 15 to the White Sox. THE ASSOCIATED PRESS

NHL

Changes coming to draft lottery

The NHL draft lottery will have a slightly different look next year and a drastically different one in 2016, the NHL announced Wednesday.

Beginning in 2015, the team that finishes with the fewest points will have a 20 per cent chance, down from 25, the second-lowest 13.5 down from 18.8, the third-lowest 11.5 down from 14.2 and the fourth-lowest 9.5 down from 10.7.

Beginning in 2016, the NHL's draft lottery will resemble the NBA's, where the first three spots are up for grabs.

THE CANADIAN PRESS

Beijing 2008

Armstrong finally gets his bronze

A long wait is coming to an end — Canadian shot putter Dylan Armstrong has been awarded a third-place result from the 2008 Beijing Games.

"As a result of a lifetime ban of

shot putter Andrei Mikhnevich by the International Association of Athletics Federations, the

International Olympic Committee has awarded Armstrong the Olympic bronze," the Canadian Olympic Committee said in a statement.

Mikhnevich, of Belarus, originally finished third.

THE CANADIAN PRESS



Dylan Armstrong
GETTY IMAGES FILE

Henderson eager to play close to home



Brooke Henderson watches her putt on a practice green at the Canadian Pacific Women's Open in London, Ont., on Tuesday. DAVE CHIDLEY/THE CANADIAN PRESS

At the age of 16, Brooke Henderson gets it.

The amateur from Smiths Falls, Ont., is well aware of the high expectations that come from finishing in the top 10 at a major tournament and emerging as the best young Canadian woman golfer.

"I see the pressure and I hear it," Henderson said. "I hear that I'm the face of Canadian golf, but I'm just trying to improve and trying to get better."

Henderson doesn't seem to be buying into the hype that she has created for herself.

Fired up

"Definitely there is pressure. But I'm excited to be able to play for my family and friends and show them what I can do."

Canadian golf prodigy Brooke Henderson

With Lorie Kane about to turn 50, she's considered the future of the sport in Canada, even with Alena Sharp, Sue Kim, Jennifer Kirby and Rebecca Lee-

Bentham already established on the LPGA Tour.

She goes into this week's Canadian Pacific Women's Open at London Hunt and Country Club, about a seven-hour drive from where she grew up, with all that perspective to go with her experience. Henderson set her expectation at making the cut and then "hopefully climb up the leader board a little bit."

That's a realistic goal after she finished second to Kristen Gillman at the U.S. Women's Amateur. THE CANADIAN PRESS

Cohon stepping down from his post in April



Mark Cohon's eighth season as the CFL's commissioner will be his last. GETTY IMAGES FILE

CFL. Commissioner's legacy includes lucrative TV deal and new labour agreement

One of the CFL's longest-serving commissioners is leaving the post.

Mark Cohon will not return for a third term when his current contract expires in April 2015. Now in his eighth season as CFL commissioner, only Jake Gaudaur (1968-1984) and Sydney Halter (1958-1966) have held the position as long.

Cohon, 48, says he made the announcement now to give the CFL's board of governors time to recruit his replacement.

A lucrative television deal, the return of Ottawa to the CFL, labour peace until 2018, a more stringent drug-testing policy and new stadium projects in Saskatchewan, Winnipeg, Hamilton and Ottawa will be among Cohon's legacies.

"Those were all things that were major projects to move this league along," Cohon told reporters Wednesday on a conference call.

"The thing I can be proud of is we built this great foundation for the next individual to build upon and for the board of

Quoted

"It's not a shock. It's a reality of business. We're in a much better position today after Mark's tenure."

Jim Lawson, chairman of the board of governors

governors to build upon."

The weak position of the Argonauts in Toronto's sports landscape and expansion into Atlantic Canada are unfinished business for Cohon, and a concussion lawsuit against the CFL was filed last month.

Cohon says he will continue to work on improving the Argos' situation before he departs.

"What's next for me is looking (at) tape on Monday, doing discipline on Monday, closing sponsorship deals and getting ready for the Grey Cup, making an announcement on who the halftime act is at the Grey Cup and focusing on the business at hand," he said.

"I haven't even thought what's next for me. I'm confident in my abilities in terms of thinking about what I can do. That will be another chapter, another story and another interview for another time."

He took over as commissioner in 2007 from Tom Wright and signed a contract extension in February 2012.

During the 100th anniversary of the Grey Cup in Toronto that year, he told reporters, "I'm happy where I am, I'm challenged and I hope to be around for a while." **THE CANADIAN PRESS**

In the money

\$40M

The five-year television deal with TSN and RDS worth a reported \$40 million per year gives the CFL unprecedented financial stability.

Race-car death fallout

Stewart not ready to compete

Tony Stewart will not race Saturday night at Bristol Motor Speedway, the third Sprint Cup race he's skipped since his car struck and killed Kevin Ward Jr. during a sprint car race.

Stewart's decision was announced Wednesday, and Jeff Burton will once again replace him in the No. 14 Chevrolet.

THE ASSOCIATED PRESS

Barcelona

FIFA upholds transfer ban

Barcelona will be barred from signing any players in 2015 after FIFA rejected the club's appeal against a one-year ban for breaching transfer regulations.

FIFA said that its appeal committee confirmed that the signing of 10 players to Barcelona's renowned La Masia program violated rules designed to prevent child trafficking.

THE ASSOCIATED PRESS

Looking for depth



"It's identifying more talent and developing more players in the key positions. This is the key for the next three years."

more players in the key positions. This is the key for the next three years."

Francois Ratier, head coach of the Canadian women's rugby team, on sustaining his squad's recent success. Canada received unprecedented exposure during its run to the final of the World Cup, which ended in a tough 21-9 loss to England on Sunday.

Johnny Backup. Hoyer to start over Manziel

Brian Hoyer barely held on to the starting job.

Hoyer will open the season as Cleveland's starting quarterback after winning his summer competition over Johnny Manziel, the hotshot rookie and social-media sensation whose NFL career is off to a shaky start.

Browns coach Mike Pettine picked Hoyer over Manziel to start Sept. 7 at Pittsburgh, finally ending a competition that dragged through the summer. Hoyer is the choice



Brian Hoyer
GETTY IMAGES

for now, but the real test for him will be how long he keeps it from Manziel.

"He was the clear leader from the beginning,"

Pettine said of Hoyer. "We've maintained all along that if it was close, I would prefer to go with the more experienced player." **THE ASSOCIATED PRESS**

Dallas = dollars. Cowboys valued at north of \$3B

Forbes says the Dallas Cowboys are the first U.S. sports franchise to top \$3 billion in value.

For the eighth straight year, the Cowboys are worth the most of all 32 NFL franchises, valued at \$3.2 billion.

The average NFL franchise value for 2014 is \$1.43 billion, the highest in the 17 years the business magazine has tracked professional football. That shows a 23 per cent increase, the largest in one year since 1999.

New England is second in

Who's worth more?

\$3.4B

Only Real Madrid at \$3.4 billion is worth more than the Cowboys among global franchises.

value at \$2.6 billion, followed by Washington (\$2.4 billion) and the New York Giants (\$2.1 billion). At the bottom is St. Louis at \$930 million.

THE ASSOCIATED PRESS

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REAL TESTIMONIAL

My name is Monica. I had always been a woman with lots of luck, always positive. Then I met a "friend" who had so much anger and jealousy toward me because of my good luck with games. Then out of nowhere, my luck was gone. I came to ARCHANGEL and he found out it was the "friend" to blame for what was happening in my life. Now my soul and body are cleaned.

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Voices page.

Horoscopes by Sally Brompton**♈ Aries****March 21 - April 20**

The Sun's imminent move into the wellbeing area of your chart suggests you may feel sluggish over the next few days. It's your body's way of telling you to slow down for a while.

♉ Taurus**April 21 - May 21**

Over the past few weeks, cosmic activity in a sensitive area of your chart has made it hard to be positive. That will change on Saturday.

♊ Gemini**May 22 - June 21**

Duties will take up a large slice of your time today, time you would no doubt prefer to spend socializing. Do what has to be done and do it well.

♋ Cancer**June 22 - July 23**

The Sun's change of signs on the weekend will get your mind moving faster and expand your vision as well. You will begin to see good things you missed over the past few weeks.

♌ Leo**July 24 - Aug. 23**

The Sun leaves your birth sign on Saturday, which means you need to get serious about issues that up until now you have treated as a joke.

♍ Virgo**Aug. 24 - Sept. 23**

A new solar year begins for you in 48 hours time and if you want to get it off to a flying start you must clear as much junk out of your life as is humanly possible.

♎ Libra**Sept. 24 - Oct. 23**

The planets warn you need to accept that you won't be able to do everything, no matter how carefully you manage your time. Get help or scale back on your ambitions — or do both.

♏ Scorpio**Oct. 24 - Nov. 22**

A loved one may behave irrationally but take it in stride. Sometimes people do things that don't make any sense. You've done it a few times too.

♐ Sagittarius**Nov. 23 - Dec. 21**

On the weekend, the Sun moves into the career area of your chart and already you are thinking of ways to impress important people. Don't be so ambitious that they worry you might be after their job.

♑ Capricorn**Dec. 22 - Jan. 20**

There are things that need to be said and Pluto in your sign, linked to communications planet Mercury, will help you find just the right words. Only concern yourself with the truth.

♒ Aquarius**Jan. 21 - Feb. 19**

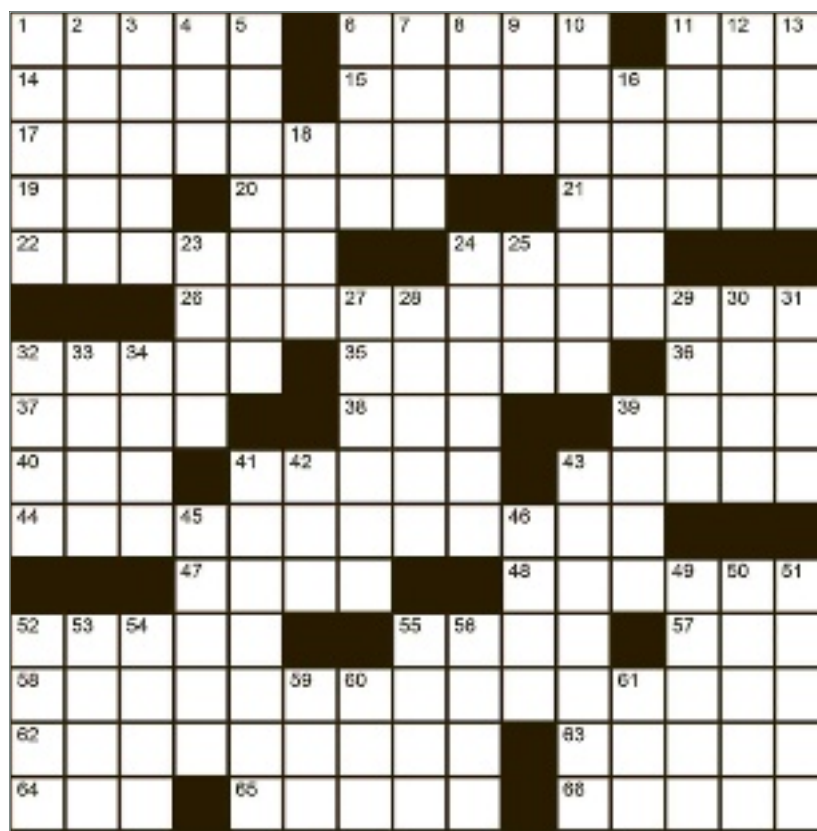
If you have to sign something today make sure you check the small print, because there could be some nasty surprises if you don't take care.

♓ Pisces**Feb. 20 - March 20**

Whatever you focus on today will go from idea to reality quicker than you expect. Make sure your thoughts are positive.

Crossword: Canada Across and Down by Kelly Ann Buchanan**Across**

1. Heavenly herald
6. Acquire, as debt
11. Brad Paisley trophy, e.g.
14. Thousand: French
15. New Brunswick attraction, Cape ___ Nature Centre
17. Types of Canadian archaeology digs: 3 wds.
19. Enlightenment in Buddhism
20. Highlander's skirt
21. Opera classic: "___ Mio"
22. Admiration
24. Exceptions
26. Internet intrusions: 2 wds.
32. Soaking spots
35. ___soprano (Operatic voice)
36. One: Spanish
37. Cook's collage
38. Gambling game, ___ Gow
39. "American Idol" champ Mr. Allen
40. "East of Eden" (1955) brother
41. Tiny Fey impersonation, Sarah ___
43. Hi and Lois' comical son
44. RASC = Royal ___ Society of Canada, since 1868
47. ___daisy!
48. Flowery
52. Audibly astounded!
55. Pout



57. WWII soldiers
58. Middle East's ancient civilization region: 2 wds.
62. "Cars" singer: 2 wds.
63. A.A. Milne character

64. Puny day parts
65. Miffy moods
66. 'Harry Potter' movies director David

Down

1. Astonish
2. Dressed to the ___

3. Spark of light
4. Slippery ___
5. Paleoanthropologists Louis, Mary and Richard
6. Four-in-a-row letters
7. "___! ___ simply can-

- not be!" (Impossible!)
8. ___-de-sac
9. Internet site
10. Creamy rice
11. He who declared "Carthage must be destroyed."
12. Honey: French

13. Newfoundland: L'___ aux Meadows
16. ___ spot (Fault-ily dust)

18. Branch
23. Reverberate
24. Bobby ___: "Where I Belong" singer from Mont-Laurier, QC
25. Pretzels brand
27. Hire
28. Adjust an arrow
29. Abrupt
30. Create a cardigan
31. Ho-hum
32. ___ Raton, Florida
33. "Such a shame."
34. Pinball infraction
39. Firing furnace
41. "Mary ___" (1964) starring Julie Andrews
42. Years: French
43. Twinkle, twinkle... Beaver Hills ___ Preserve, in Alberta
45. Not in top form
46. Singer Natalie
49. Showbiz wigwig
50. Hint of hue
51. "Como ___?" = "How are you?" in Spanish
52. Kabul locale, briefly
53. Cars: ___ shift
54. Train stn. postings
55. Hightail it
56. Pots
59. Montreal's 'Monday', mini-ly
60. Music label
61. Canuck motorists org.

Yesterday's Crossword**Online**

See today's answers at
metronews.ca/answers

**Sudoku****How to play**

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	1	3	5	8	7	2	8	9
2	7	9	3	4	8	5	1	8
8	5	8	1	2	9	4	7	3
1	8	4	9	7	2	3	5	6
9	5	7	8	5	3	1	4	2
3	2	5	6	1	4	8	9	7
5	3	2	7	9	1	5	8	4
7	4	8	2	5	5	9	3	1
6	9	1	4	3	8	7	2	5

					7	4		5
4	2			5	8			3
	3							
7		1			4	8		
8								6
		5	8			7		9
							7	
2				5	1		9	8
6		3	9					

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